

1. How aware they are. One often thinks that a newborn baby does nothing but sleep and eat. They are actually incredibly alert and watching your every move and absorbing everything about their new surroundings out of the womb.
2. How intuitive you are. Nothing that you have read or been told can be more correct than what you instinctively know your baby needs.
3. You find yourself constantly checking they are breathing and you don't trust the monitor.
4. You are surprised at how fast they breathe. They can take 30 to 50 breaths per minute, an adult only takes 15 to 20 per minute.
5. Their heart beat is also fast- 130 to 150 beats whilst yours is half that at 60 to 80 beats per minute.
6. How noisy they are. A baby seems to be constantly snuffling, snorting or sneezing. This is to help keep their nasal passages clear. Some saline drops or spray can help them with this.
7. They may make a crying sound, but won't produce tears until approximately three months.
8. Breast feeding does not happen as naturally as one may expect. Give yourself and the baby time to learn the process, by four to six weeks it will be much easier.
9. Babies have very small stomach's, a newborn's is the size of a marble. It grows quickly to hold 30 or 50 mls within the first week. By three weeks an average size baby has a stomach as big as his fist.
10. You still look pregnant. It takes six weeks for your uterus to return to it's non pregnant size. Be patient with yourself as your body returns to normal functioning.

And more:

1. All newborns have a cute button nose- the bridge of the nose only grows later.
2. There are an amazing number of nappy changes. One every two to three hours.
3. You might not fall madly in love with them at first sight. It can sometimes take a couple of days or even weeks before you have a truly, deep in the gut, I will do anything for you feeling.
4. How much you love them from the moment they look into your eyes.
5. Babies have a strong sense of smell, by one week they can recognise their mother. Your baby also has a unique smell, smell the crown of their head to find it.
6. How they change so quickly. Every day there is a slight change in their appearance. By three months they look very different to when they were born.
7. 4 out of 10 babies are born with a birth mark. Often a small "stork bite" or a port wine stain.
8. The books don't say the same thing. Not everything that is printed or available on the internet is a good source of information. Get guidance and advice from a trustworthy source.
9. Everyone has an opinion. Listen to those you trust and rely on your own instinctive knowledge.